

# Calming our brain



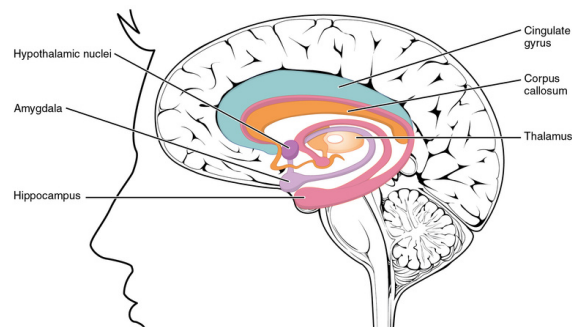
We sometimes feel so disturbed inside that we cannot think clearly. All the thoughts coming up become gloomy and we feel tight chest and sore tummy. **It is so uncomfortable.**

If we know, however, that we can do something to improve this by ourselves, we feel more empowered, don't we?

Let's have a look.

Our brain has different parts and they have different roles.

The **inner part** of brain is more primitive than the **outer part**.



(The image is from Wikipedia)

The inner part tries hard to keep us safe. Although this is an important part for our survival, it can be activated even when the situation is not so unsafe, due to our memory in the past and this can affect our function.

When this inner part is upset and frightened, our outer part of the brain which is good at reasoning, seeing things in perspective, being calm, flexible and curious, can not communicate well.

It is like, you try to explain to a distressed child that it is just a little playful puppy wanting the child's attention, when what the child sees with his inner brain is a big lion attacking him.



So it becomes important to develop our skills to help our inner part of the brain feel safe.

Counselling and therapy sessions may help us to achieve this.

However there are things that WE CAN DO BY OURSELVES to be better at calming our inner brain.

Are you interested? Then please read on!

## Techniques to calm our inner brain

There are many ways to calm our inner brain.

You may be already using some skills, like **breathing technique**.

**Meditation** and **progressive muscle relaxation** are also useful.

# Self-Havening

I would like to introduce you **Havening Techniques**® today.

It is psycho-sensory techniques to calm down our system, rewire our brain and build our resilience.

(if you would like more information, please visit the website - [havening.org](http://havening.org))



Whatever techniques you use, **there is one thing that I would like you to remember, which is;**

**It doesn't help if you tell off your disturbed inner brain.**

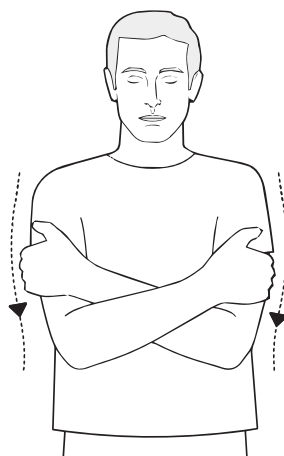
Please acknowledge its worry, give it some space, accept it and send your compassion and love to that scared part. ♥

Self - Havening is quite simple.

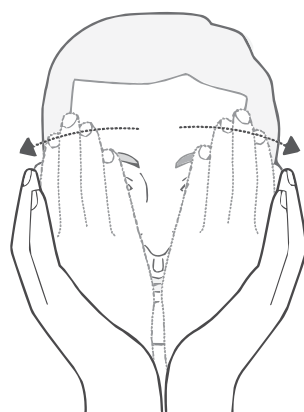
You stroke your upper arm with your hand from the shoulder to the elbow.

You can also stroke your face and your hands.

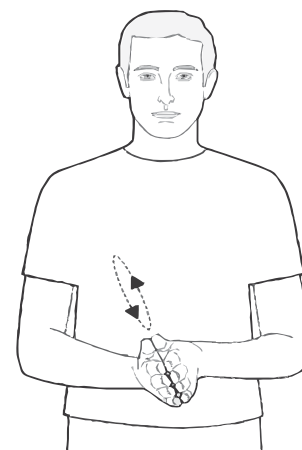
Make sure you feel soothed and calmer. You can continue self-Havening until you feel much calmer.



Arm Self-Havening



Face Self-Havening



Palm Self-Havening

[www.havening.org](http://www.havening.org)

If you enjoy self-Havening, you can integrate this into your morning and evening routine.

The more you practice, the better you get at soothing your inner brain.

You can reduce your stress hormones by self-Havening ( and any other self-soothing techniques)

In this way you can minimise the effect of stress on your mental and physical health.

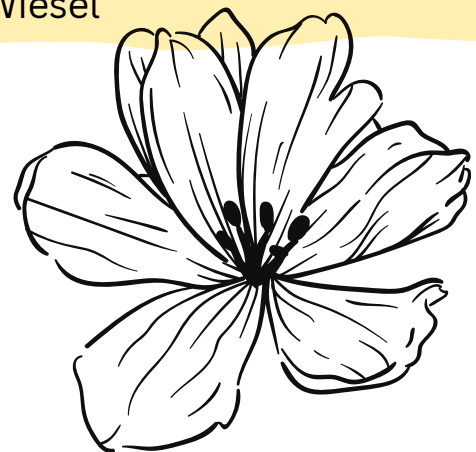
Although you cannot control your partner, child, boss, colleague, weather, what other people do, your past, etc,

**you can control what you do.**

“In the midst of movement and chaos, keep stillness inside of you.”  
– Deepak Chopra

“Ultimately, the only power to which man should aspire is that which he exercises over himself.”

- Elie Wiesel



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